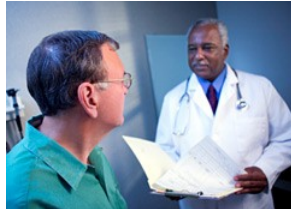


TAKE CHARGE!



for health and living

July 2011



Cancer Screening: Take Charge, Get Checked

Some screening tests are life saving. Finding cancer early improves your odds of surviving it. The following are screening guidelines from the American Cancer Society. Work with your health care provider to determine which tests are appropriate for you and when.

Skin Cancer Starting at age 20, have your provider do a skin exam every 3 years as part of a general health visit; past age 40, have it checked every year.

What MEN Need to Watch

Prostate Cancer Digital rectal exam and prostate-specific antigen (PSA) blood test are recommended annually starting at age 50, or 45 if you are at high risk (family history or African-American). Discuss pros and cons of the PSA test with your provider.

What WOMEN Need to Watch

Breast Cancer Starting at age 20, your provider should do a breast exam every 3 years. At age 40, annual mammograms and provider exams near the same time are recommended.

Cervical Cancer Begin cervical checks no later than 3 years after starting sexual intercourse, or by age 21, whichever is earlier. Checks should be done annually with the regular Pap test or every 2 years using the liquid-based Pap test. At age 30, get checked every 2-3 years if you have had 3 normal Pap tests in a row.



City Events

Deferred Comp: Wise Investing

Thursday, July 7
12 noon - 12:45 pm SMT 4090

Legal Issues for Older Relatives (or Disabled Family Members)

Tuesday, July 12
12 noon - 1:00 pm SMT 4050

Mentoring Through Coaching

Wednesday, July 13
12 noon - 1:00 pm Webinar
Registration: see flyer

Mammography Screening

July 25—29
See *details* on back page



Blood Pressure Screening

Wednesday, July 27
Stop by between
10:30 am - 1:30 pm SMT 4096

Change Management

Wednesday, July 27
12 noon - 1:00 pm Webinar
Registration: see flyer

Deferred Comp: Mutual Funds 101

Thursday, July 27
12 noon - 12:45 pm SMT 4020
Registration: call 447-1924

Mammography Screening

July 25 - 29
8:00 am - 4:00 pm



The Swedish mobile mammography unit will be parked on 5th Avenue between Columbia and Marion.

Register by July 15 if prior mammography films must be obtained. You will be billed for any in-network co-pay or co-insurance.

Schedule an Appointment:
Ehealth.swedish.org/mammappointment

To cancel or reschedule: Contact 206-320-2500 or breastcareexpress@swedish.org



Interested in working towards a healthy weight? Get City pricing for all Weight Watchers solutions. Enroll by calling 1-866-442-1232 with Employee number, medical plan ID, and credit card information.

Contact a meeting coordinator below for information about At-Work meetings:

Day	Start Time	Location	Contact
Monday	11:30 am	SMT 1600	Patty: 615-1489
Wednesday	11:45 am	SMT 1940	Carolyn: 684-7832



Night Vision

Question: What are some steps I can take to improve my night vision?

The best treatment for improving night vision is an eye exam.

Drive during evening hours? Keep your headlights on during pre-dawn and dusk hours to improve visual contrast. Try an anti-reflective coating to cut down on glare or halos that can hamper your ability to see at night.

Review your vision plan benefits at vsp.com. Under the Members section, select "See your Personal benefit Information."

News and Notes

- See **archived EAP webinars** on topics such as *Nurturing Friendships* and *Putting Worry on the Back Burner* at: horizoncarelink.com
User name: city of seattle
Password: city of seattle
- Are you ready to **quit tobacco**? Take the Readiness Quiz at quitnow.net/Seattle/About/Quiz/Readiness.aspx

General Information

Take Charge! is a general guide to healthy benefits and behavior. Contact your health care professional with your specific health care concerns.